The 8 Day Gratitude Challenge

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Table of Contents

The 8 Day Gratitude Challenge	1
Introduction	4
8 Day Gratitude Challenge	6
Gratitude: Day 1	7
Gratitude: Day 2	8
Gratitude: Day 3	9
Gratitude: Day 4	10
Gratitude: Day 5	11
Gratitude: Day 6	13
Gratitude: Day 7	16
Gratitude: Day 8	21
Connect	32

Introduction

In the 8 Day Gratitude Challenge, you will write down what you are grateful for each day. As the days go by, you will write down more things you are thankful for than you did the previous day.

In order to go to the next day, you must complete the previous day in one sitting. If you do not, you must repeat the same day until mastery.

The first step to creating a better life for yourself is to be grateful. Gratitude has the power to transform our lives completely, and we must be grateful first

before we can receive and improve our lives.

8 Day Gratitude Challenge

Gratitude: Day 1

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Gratitude: Day 2

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Gratitude: Day 3

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Gratitude: Day 4

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Gratitude: Day 5

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Gratitude: Day 6

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Gratitude: Day 7

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Gratitude: Day 8

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